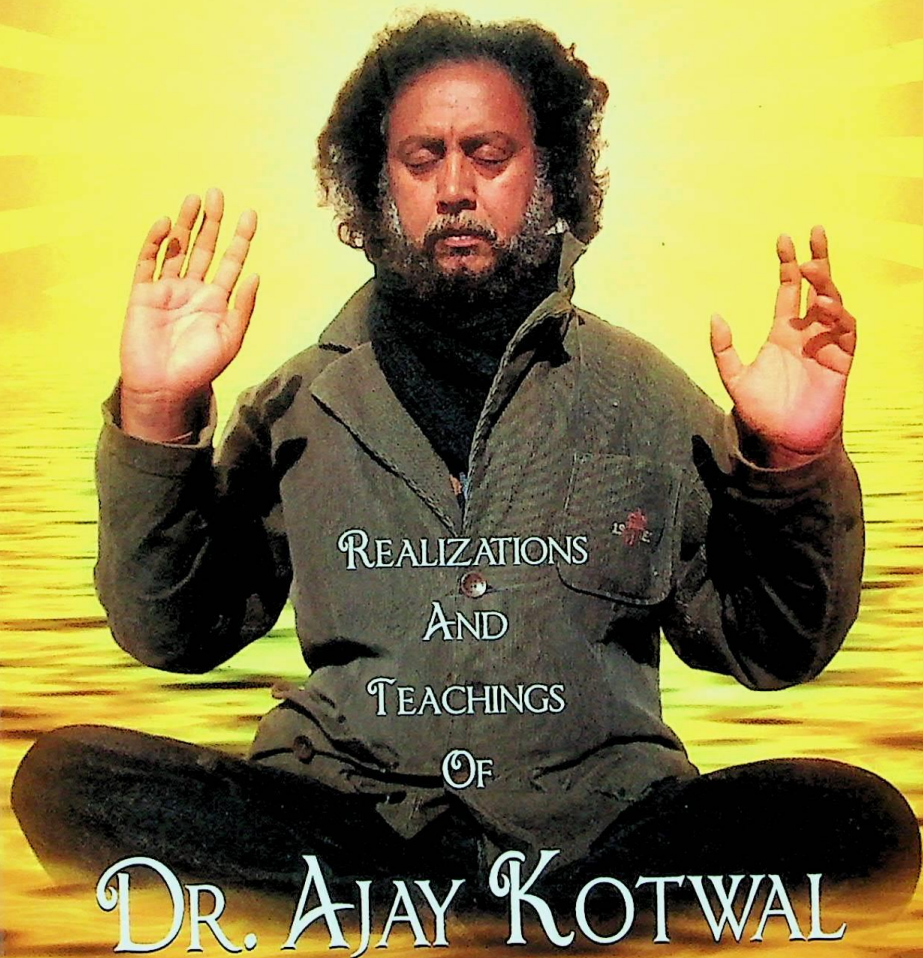


# SPIRITUAL ENLIGHTENMENT



REALIZATIONS  
AND  
TEACHINGS  
OF

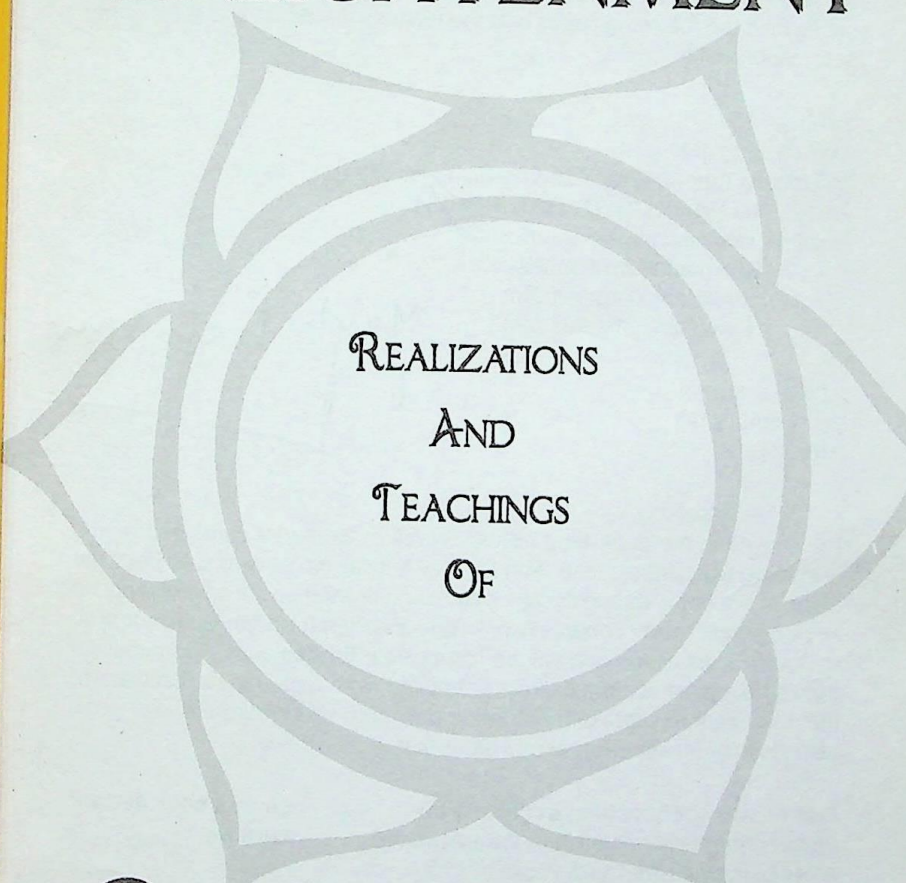
DR. AJAY KOTWAL

A Spiritually Enlightened Teacher from the Himalayan Foothills





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**A [www.samadhigurus.com](http://www.samadhigurus.com) presentation**

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# ACKNOWLEDGMENT

Samadhigurus feel privileged to present this book to you. This book is neither a translation of nor a commentary on any spiritual text. This work is ideal for the advanced spiritual seekers who have tried hard but failed to get the final breakthrough to Spiritual Enlightenment. It's equally useful for the beginners as it clearly maps the entire spiritual journey from quest to Spiritual Enlightenment.

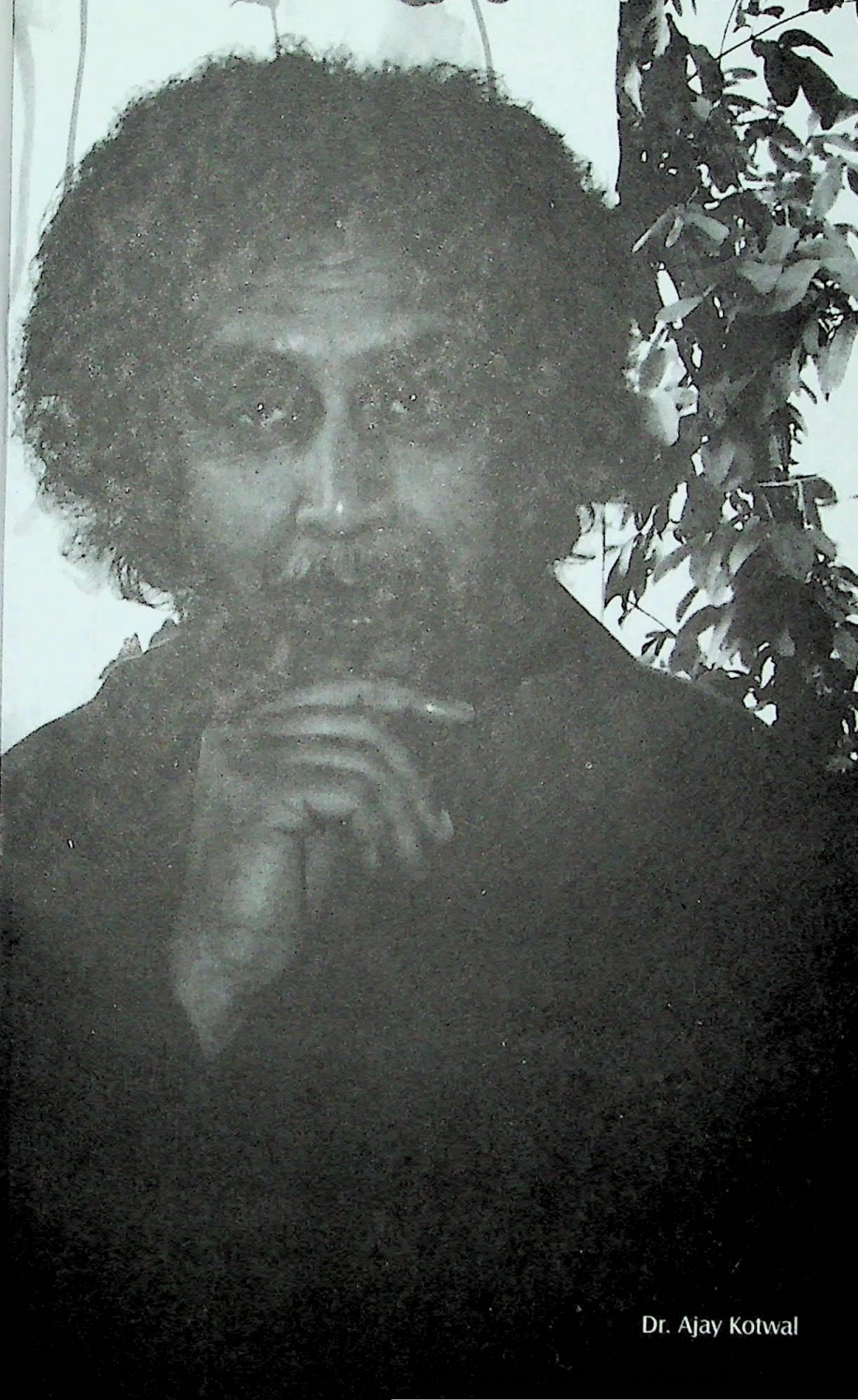
We, at Samadhigurus, thank Dr. Kotwal for sharing his insights with us, helping us realize the true purpose of Human life.

Your feedback, suggestions and comments are solicited so that we can improve subsequent editions.

**Samadhigurus**







Dr. Ajay Kotwal



Dr. Ajay Kotwal



## ABOUT DR. AJAY KOTWAL

Dr. Ajay Kotwal is a Spiritually Enlightened teacher whose presence, words, silence, actions, interactions, researches, insights and life reflects the pristine and primordial wisdom.

He is a reluctant mystic and a friendly spiritual guide without any pretensions of being a Mystic. He lives a normal life like all of us with his compassionate companion Neelam Mohan. It is difficult to differentiate between him and an ordinary person. He always says, "There is no difference; the difference is only at the level of the Awareness. Everyone is The Being."

Earlier he used to teach spiritual teachers, seekers and anybody who would come to him. Now he has chosen to lead a private life and at times guides, instructs and trains a select group only.

He loves his privacy and anonymity. It took years of persuasion by seekers and friends to get his consent to publish his talks and writings.

# PROLOGUE



Human birth  
Is  
Very precious and extremely rare,  
Human is the finest creation  
Of  
The Being.  
For  
It is only  
In a human birth  
-And in no other birth-



That  
You  
Can discover  
The infinite source of  
Ultimate success, unlimited pleasures,  
Perfect peace  
And  
Unconditional bliss,  
Naturally  
Within  
Your Self.  
This realization  
Is  
Spiritual Enlightenment!

My words are meant for those  
Whose time has come  
In this human birth  
To  
Attain Spiritual Enlightenment,  
That is  
The only purpose  
And  
The final destination  
Of  
A human life.

My words are meant for those  
Who want  
Meditations and healing techniques,  
Spiritual powers and experiences.



They must know and realize  
The limitations of all:  
Meditations and healing techniques,  
Spiritual powers and experiences,  
For one has to transcend all  
For  
Spiritual Enlightenment.

For sometimes, even,  
Meditations and healing techniques,  
Spiritual powers and experiences  
Can become an obstacle  
To  
Spiritual Enlightenment.

My words are meant for those  
who don't want to remain mere followers



Of spiritual teachers and their teachings,  
And for those,  
Who want to attain,  
Spiritual Enlightenment,  
As revealed by  
Spiritual teachers  
And  
Their teachings.  
For sometimes, even,  
Great spiritual teachers  
And  
Their teachings  
Can become an obstacle  
To  
Spiritual Enlightenment.





But

The choice is always yours,  
For your life is always yours.

And the choice you take,  
Is the destiny you make.



# THE QUEST



In quest for some success,  
Pleasures, peace and bliss,  
Are you trying this:  
Saying "Heloooo, how are you?  
Where have you been?"  
Talking of people you know  
And places you have seen,  
Saying things,  
Which you never mean.



In quest for some success,  
Pleasures, peace and bliss,  
Are you living like this:  
Craving and raving,  
Restless,  
Always complaining.  
In quest of the exotic  
Making your life more chaotic.  
Fighting,  
Stress, tensions and anxiety,  
With pills,  
Loans, extravagance and variety.

In quest for some success,  
Pleasures, peace and bliss,  
Are you doing this:  
Learning for earning,  
Saving and spending,  
Borrowing and lending.  
Branding yourself  
With branded brands,  
Searching for love  
In one-night stands.  
For you truth is always a lie,  
Wearing a cosmetic smile,  
Planning and thinking of winning,  
Scared of losing,  
Always cheating and sinning.

For you, nothing is an excess,  
As long as you get success.  
In quest for some success,  
Pleasures, peace and bliss,  
Are you spending your life,  
In lounges and clubs,  
Discos and pubs  
Or  
Some smoky dingy hangouts,  
In wining and dining,  
Partying and chilling,  
Over cocktails, mock tails and beers,  
Raising glasses and saying, "Cheers!"  
While dancing to the music  
And moving about  
Flicking your fingers



In flickering lights,  
Tapping your feet,  
As your fantasies take flight,  
Trying to match:  
Step to step, toe to toe,  
Tip to tip, hip-to-hip, lip-to-lip,  
Body to body,  
Mood to mood,  
Passion to passion,  
Lust to lust,  
And  
Gyrating!

Your life is not  
Meant to be spent like this.  
This  
Is not  
The purpose of a human life.

Not knowing,  
The purpose of a human life,  
Unfortunately,  
The goal of almost all the  
Human aspirations and pursuits,  
Is reduced to only having:

Objects of desire, reasonable health,  
Good wealth, contacts,  
Some security, sex,  
Name, fame, power and success,  
Some rituals, some spirituality,  
And ofcourse a guru!  
And the means  
Don't matter at all.  
This may have become  
The purpose of your life.



In quest for some success,  
Pleasures, peace and bliss,  
You needlessly journey  
In a fascinating maze,  
Where everything appears  
In a magical haze,  
Blinkered by  
Hallucinations and delusions,  
These labyrinths  
Of tempting illusions,  
Cloud clarity and create only confusions.

Your quest appears to you,  
Unquenchable, insatiable and unique,  
And makes you forget,  
That you already have  
What you seek.  
Ignorant of your destination  
You travel hopefully,  
Till you fail and fall, helplessly,  
And get neither success,  
Nor pleasures, nor bliss, nor peace.  
Now, if you ask,  
Where is the source of all these?

May I tell you, please,  
It is always  
Within your Self,  
As  
Luminosity is in light,  
Brightness is in bright,  
Seeing is in sight,  
As darkness is in night.

You are  
The infinite source  
Of  
Ultimate success, pleasures,  
Peace and bliss,



This realization  
Is  
Spiritual Enlightenment,  
And marks the end  
Of all your journeys  
And  
Your entire quest.

But  
The choice is always yours,  
For your life is always yours.  
And the choice you take,  
Is the destiny you make.



# WHAT IS SPIRITUAL ENLIGHTENMENT?



The only purpose  
Of your life is Divine,  
To attain Spiritual Enlightenment -  
Kevalya, Nirvana, Mukti, Moksha,  
God Realization,  
And there is no other purpose  
Of a human life.

Spiritual Enlightenment  
Is  
To realize  
In a human birth  
That  
You are not a human,  
You are not a person,  
You are not body - mind - soul.  
You are always  
- The Being -  
You are The Being:  
Immortal Spirit.  
Self-luminous,  
Cosmic Consciousness,  
Eternal Bliss.

00000



You are The Being.  
You are the source of the infinite:  
Intelligence, creativity, pleasure,  
Love, joy, peace and freedom.

You are The Being!  
You were always The Being!  
You will always be The Being!  
You were never a human!

A human is a wondrous illusion,  
An enticing hallucination,  
And a mesmerizing delusion,  
That appears in The Being,  
As a person,  
Body, mind and soul.

A human can never  
Realize The Being.  
Human only appears to disappear  
And to reappear,  
Existence of appearance  
Is not  
Appearance of existence.

You are not a Human!  
You were never a Human!  
You will never be a Human!  
You are always The Being!  
This realization  
Is  
Spiritual Enlightenment.

Spiritual Enlightenment  
Is  
To know who you really are.

You are  
Who you are,  
You are not  
What you think you are  
Or  
What others think you are.

Always remember,  
Your own  
Or  
Other people's opinion  
About you  
Is not your reality.



If you have any problems  
With your life and living,  
They are because you are  
Spiritually unenlightened.

The Spiritually Enlightened  
Have no problems with the problems,  
For they have the solutions  
To all the problems.  
Even problems appear to them  
As invitations to solutions.

But  
To the spiritually unenlightened,  
Even solutions appear  
As invitations to problems.

To the Spiritually Enlightened,  
Even the worst circumstances  
Appear as good  
- Not so bad.

To the spiritually unenlightened,  
Even the best circumstances  
Appear not so good  
- Could be better.

The Spiritually Enlightened knows  
Happiness, joy and bliss always stay,  
Sorrows, pain and grief  
Come to go away.

The spiritually unenlightened thinks,  
Sorrows, pain and grief always stay,  
Happiness, joy and bliss  
Come to go away.

Spiritual Enlightenment

Rids of

All the problems in life,

From the source,

Forever,

Fulfils all your desires.

Also leads you

To

The infinite source



Of  
Unadulterated pleasures, immortality  
And eternal bliss.

Only the Spiritually Enlightened  
Know

This infinite source,  
That is why,  
Spiritual Enlightenment

Is  
The only solution  
And

Should be  
The only purpose  
Of

A human life!

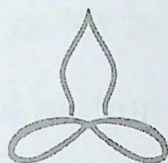
But

The choice is always yours,  
For your life is always yours,  
And the choice you take,  
Is the destiny you make.



# A HUMAN LIFE

## - ITS PURPOSE



The only Purpose  
Of  
A human life  
Should be to attain  
Spiritual Enlightenment  
- To know your Self -  
Not as a human  
But as The Being,  
As you really are,



And  
There  
Is no other purpose  
Of  
A human life.  
And  
If you think that  
Spiritual Enlightenment  
Is not  
The only purpose of a human life  
And there are or can be  
Other purposes of a human life  
You are not wrong.  
You are right.

For why should you  
Not think like this?  
It is not your fault,  
You have never been taught  
The purpose of a human life,  
To discriminate  
Between  
Wrong and right,  
That is why  
You are not wrong  
You are right.  
Absolutely right!

If you think that  
The quest for  
Spiritual Enlightenment  
Has nothing to do with the  
'Real life'  
Is a waste of time,  
Idealism, not practical,  
Escapism, absurd, weird,  
Useless, stupid, imagined,  
And makes no sense at all;  
You are not wrong.  
You are right.  
Absolutely right!



Imagine,  
You have lived in darkness throughout  
And have got used  
To living in the dark,  
Never seen or heard about light,  
For you, darkness is light,  
And if  
You have no regrets about  
Not seeking light -  
Are you wrong or are you right?  
I think you are right,  
Absolutely right!

If you are not seeking light,  
It's not your fault,  
You have never been taught  
To discriminate between  
Darkness and light.  
You have seen darkness only,  
You have never seen light.  
That's why,  
You are not wrong,  
You are right,  
Absolutely right!

Leave aside  
The practical experience  
Of  
Spiritual Enlightenment,  
The wonder is  
That you are not clear  
- Even theoretically -  
About your hidden dimensions,  
Untapped and leashed potentials.  
If you, ever in your life,  
Become slightly aware  
Or even hazily clear  
About the real purpose of your life  
- Even theoretically -



At that very moment  
You will be wonderstruck  
And jolted out  
Of your ego, arrogance and pride!  
At that very instant,  
You will realize,  
The pettiness, hollowness and futility  
Of all your present pursuits  
And the shallowness of your life!

But if  
You are not in a hurry  
To attain  
Spiritual Enlightenment,  
If you do not worry  
About  
Spiritual Enlightenment,

You are not wrong  
You are right  
It is not your fault,  
You have never been taught  
The purpose of human life,  
To discriminate between  
Wrong and right  
Darkness and light  
That is why  
You are not wrong  
You are right.  
Absolutely right!

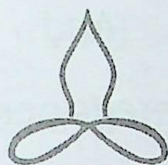
The only Purpose  
Of  
A human life  
Should be  
To attain  
Spiritual Enlightenment.

But  
The choice is always yours,  
For your life is always yours,  
And the choice you take,  
Is the destiny you make.





# SPIRITUAL ENLIGHTENMENT - How ?



Spiritual Enlightenment  
Is  
To realize that  
You were never a human,  
But always The Being.  
To know your Self as The Being,  
You must realize,  
As quickly as possible,  
That you are The Being  
Immortal Spirit,

Self-luminous,  
Cosmic Consciousness,  
Eternal Bliss.

And

That there is permanent  
Pleasure, love, joy,  
Peace, freedom and bliss,  
Only in The Being,  
And never ever  
In the realms and confines of:  
Persons, bodies, minds and souls,  
Objects of desire:  
Health, wealth, sex,  
Relationship, power, success,  
Name, fame and worldly pursuits.

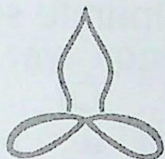
All persons,  
Bodies, minds, souls,  
Worldly pursuits  
And  
Objects of desire,  
Are attractive distractions,  
Fascinating,  
Tantalizing and alluring  
Shadows of The Being,  
Not meant for  
Possession and gratification,  
But only for  
Introspection and reflection,  
Contemplation and meditation,  
To attain  
Spiritual Enlightenment



By realizing your Self  
As The Being  
And  
For nothing else!

But  
The choice is always yours,  
For your life is always yours,  
And the choice you take,  
Is the destiny you make.

# WHERE IS THE BEING?



The Being  
Is  
Everywhere.

It is wherever you are,  
Because,  
You are The Being.

The Being  
Is  
The infinite source  
Of  
All the pleasures  
And  
The only solution  
Of  
All the problems.



It never appears  
Where it is,  
Always appears  
Where it is not.  
Just as  
You can never  
See your physical face,  
You can see only its reflections,  
Similarly,  
The Being is your original face,  
You can never see it,  
You can see only its manifestations.

Just as,  
You always know  
Where your physical face is,  
In spite of all the reflections,  
Similarly,  
You can always know,  
Where your original face is,  
In spite of all its manifestations  
Only if  
You are Spiritually Enlightened.

However,  
If you are convinced  
That the source of any solution  
And any pleasure  
Is in reflections or manifestations  
Outside The Being  
Then watch out!  
You are on the wrong track.  
You have been ensnared  
In the web  
Of  
Reflections and manifestations,  
By your ignorance of The Being.



You are The Being,  
Concealed,  
By your own  
Creations and manifestations.  
You can know  
Your real Self  
Only by  
Self recognition.

Just as,  
The eye that sees,  
Can never  
See the eye that sees;  
The I that appears,  
Can never  
See the I that Is,  
Similarly,  
A human  
Can never  
See The Being.

The absence of the experience  
Of the presence of The Being,  
Is not the evidence,  
Of the absence of The Being,  
But is the evidence of  
The absence of  
The knowledge of the whereabouts  
And presence of The Being,  
And knowing,  
That you are The Being.



The Being always exists,  
Because you always exist,  
Is there any time when you do not exist?  
If you are not aware of the Being,  
It does not mean  
That The Being does not exist.

You are The Being,  
Spaceless and timeless,

You

Exist.

In all the spaces,

In all the times,

You

Exist.

At all the times,

In all the spaces,

You

Exist.

You are  
The future  
In  
The present,  
From  
The past,  
You are  
The beginning,  
In  
The middle,  
And  
The last.  
You are always The Being.



You are always The Being  
Having a human experience,  
For It is always the Being,  
That in a human birth  
Realizes itself as The Being.

The Being  
Is  
Everywhere.

It is wherever you are,  
Because,  
You are The Being!

You are The Being,  
You are here,  
You are there,  
You are far,  
You are near,  
You are in everything,  
You are everywhere,  
You are now and here,  
You are The Being!

Accept it or reject it!  
The choice is always yours,  
For your life is always yours,  
And the choice you take,  
Is the destiny you make.





# THE FINAL DESTINATION



The final destination,  
The culmination,  
Of all human  
Pursuits, endeavors, struggles,  
Quest and journeys,  
Is  
Nothing else,  
Except  
Spiritual Enlightenment.

No doubt,  
The quest for  
Spiritual Enlightenment  
Is a strange pursuit,  
Is a strange endeavor,  
Is a strange struggle,  
And the journey also is very strange,  
For,  
In this pathless journey,  
There are:  
No departures,  
No distances,  
No milestones,  
Only arrivals!

To arrive is to wake up

To

Your immortality

And

Your infinite source of  
Unconditional pleasures,  
Peace and bliss.

Wake up now, to arrive now,  
Wake up later, to arrive later,  
Or don't wake up at all!



You may still like to continue  
Your present pursuits,  
Struggles, endeavors,  
Quest and journeys,  
For some success, pleasures,  
Peace and bliss,  
Till, experience teaches you,  
That nothing is going  
To come out of all this,  
Neither success nor pleasure,  
Neither peace nor bliss.

Wake up now, to arrive now,  
Wake up later, to arrive later,  
Or don't wake up at all.

But always remember,  
Your destination is unique,  
You are already there  
Where you want to reach,  
You already have what you seek.

Wake up now, to arrive now,  
Wake up later, to arrive later,  
Or don't wake up at all!

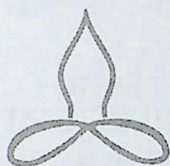
The choice is always yours,  
For your life is always yours.

The choice you take,  
Is the destiny you make.





# YOU AS A PERSON AND SPIRITUAL ENLIGHTENMENT



As a person,  
Whatever you become or don't become,  
Achieve or don't achieve,  
Do or don't do,  
Has absolutely no connection with  
Spiritual Enlightenment and You.

Strengthening or renouncing  
Body - mind - soul  
Is totally irrelevant to  
Spiritual Enlightenment and You.

All experiences that happen to  
A person,  
Body - mind - soul  
Have no relationship with  
Spiritual Enlightenment and You.

Because,  
You are not a person.  
You are not a human.  
You are not body - mind - soul.  
You are the Being,  
Forever  
Bodiless, non-relational,  
Pristine,  
Realizing your Self  
As  
- The Being -  
Is  
Spiritual Enlightenment.



This  
Is  
Your  
Reality,  
Everything else  
Is  
Falsity.

But if you have any doubts,  
You may like to think again.

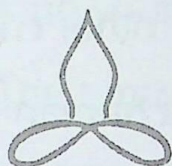
Wouldn't you like to  
Introspect and reflect,  
On what you have read,  
And realize  
Your real Self  
As  
Immortal Spirit, Self luminous,  
Cosmic Consciousness,  
Eternal Bliss,  
- The Being.

But the choice is always yours,  
For your life is always yours,  
And the choice you take,  
Is the destiny you make!





# THE CHOICE



The destiny  
Of  
A human life  
Is  
Spiritual Enlightenment.  
There is no other choice  
For a human  
Than to be  
Spiritually Enlightened

And if  
There appears to be  
Any other choice  
In a human life  
It is a trap..!

Right now, once again,  
Life is giving you a choice,  
And  
This time,  
The choice is between:  
Attaining Spiritual Enlightenment,  
Making your life  
The womb  
Of  
Spirituality!

Or,  
Remaining spiritually unenlightened,  
Making your life  
The tomb  
Of Spirituality.  
Be careful,  
This tomb is the womb  
Of  
Anything, something and everything else  
- Except Spiritual Enlightenment.



If you have ever made  
A wrong choice in life,  
You have, surely, not died of it,  
But have still survived,  
Facing the consequences  
Of your choice,  
Every moment of your life  
- Till you die.

Remember this time,  
Before making a choice.  
Two wrongs don't make a right.

The choice you take  
Is the destiny you make.

And

The choice is always yours,  
For your life is always yours.



# THE CHOICE I MADE



The choice I made  
Was  
'Spiritual Enlightenment'  
To  
Realize my Self  
As  
The Being.  
The moment I realized  
My Self  
As  
The Being,



From then on,  
In this Blissful Awareness,  
Birth and death  
Appear as two bubbles.  
Body - mind - soul,  
Appear as three bubbles.

Desires of life:  
Health, wealth, relationships, sex,  
Name, fame, power and success,  
Appear as eight bubbles  
Everything and everyone  
Appear as  
Mere bubbles in  
The infinite ocean of The Being,  
That you always are!

The moment I realized  
My Self  
As  
The Being,  
From then on,  
In this Blissful Awareness,  
All worldly pursuits, aspirations,  
Attainments and achievements,  
Appear absurd and irrelevant,  
Inconsequential and petty;

All information, knowledge and scholarship,  
Beliefs, ideas, creativity,  
Arts, sciences and cultures,  
Visualizations and imaginations,  
Appear as fantasies,  
Pompous, trivial and futile;  
Everything and everyone,  
Appear as mere illusions  
In the ultimate reality - The Being,  
That you always are!



The moment  
I realized  
My Self  
As  
The Being,  
From then on,  
In this Blissful Awareness,  
All meditations and healing systems,  
All spiritual powers and experiences,  
Fear of hell and expectations of heaven,  
Even bondage and liberation,  
Everything and everyone,  
Appear merely a dream  
In the Absolute Non-dual,  
Awakened Consciousness of The Being,  
That you always are!

The moment I realized  
My Self  
As  
The Being,  
From then on,  
In this Blissful Awareness,  
All planets, stars, galaxies,  
Appear as a few sparks.  
All worlds, universes and places,  
Voids, times and spaces,  
Appear as some sparks.  
All creations evolve and dissolve,  
As sparking sparks.

Everything and everyone,  
Appear as mere sparks,  
In the Pristine Self-luminous,  
Cosmic Flame of The Being,  
That you always are!



The moment  
I realized  
My Self  
As  
The Being,  
From then on,  
In this Blissful Awareness,  
I realized that  
You are not a person,  
You are not a human,  
You are not body - mind - soul,

You are the Immortal Spirit!  
You are the Self-luminous!  
You are the Cosmic Consciousness!  
You are the Eternal Bliss!  
You are The Being!  
This you always are,  
And  
So am I!



## EPILOGUE



Now,  
If you still have any doubts,  
Questions, apprehensions and fears,  
If you are still not clear,  
If you still not aware,  
That you are  
The Ultimate Sublime,  
The Infinite Blissful Being Divine,  
The fault is not yours,  
It is entirely mine,



I may lack the words to express,  
But I would still like  
To make this last request,  
Please realize  
You are not a human  
You are The Being.  
But if you still think  
What I am telling you  
Can't be true,  
You are always welcome  
To your own point of view,  
About Spiritual Enlightenment and You.

Always remember,  
The choice you take  
Is the destiny you make,  
And the choice is always yours,  
For your life is always yours.

But no matter,  
Whatever choice you take,  
Or the destiny you make,  
You are always  
The Being  
And  
So am I!







# SAMADHIGURUS UNIVERSITY OF LIFE

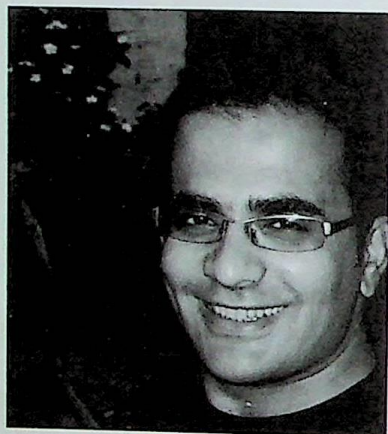
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Dr. Ajay Kotwal and Neelam Mohan, Spiritually Enlightened teachers from Himalayan foothills, observed that a Human Being is the finest and the most precious creation of God, made in his own image. This is also certified and endorsed by the world's great: religions, scriptures, traditions, prophets and spiritual teachers. They also observed that in spite of being flawless most human beings are unhappy and not satisfied with human life. They investigated this strange phenomenon and came out with the most amazing and incredible insights of 21st century.

They revealed: Presence of any problem, irritation, depression, sorrow, pain, worry, tension, confusion, distress, anxiety, lust, greed, anger, or any negativity and absence of permanent peace, bliss and freedom, in the life of a Human Being are the symptoms and sure

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World Teacher of Spirituality - Maruti Sharma

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I hope you enjoyed reading this book.

Our forthcoming published and unpublished works written by Dr. Ajay Kotwal, Neelam Mohan and their students are ready for publication. These are invaluable treasures of wisdom for mankind. The titles, gist of themes and contents are reflected in the following pages. Contributions for getting them published would be acknowledged and appreciated. Donations and contributions in any form are accepted to help Samadhigurus, their families and seekers who are on the way, to set up libraries, to give scholarships to the deserving, to open education and meditation centres. All those individuals who want to make this world and life beautiful for all, must contribute meaningfully.



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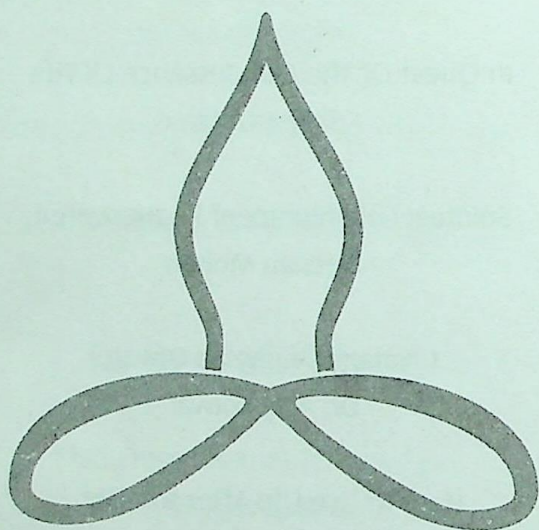
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